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Aging in place.

May is Older Americans Month.

The 2022 theme — *Age My Way* — focuses on how older adults can remain active, healthy and independent for as long as possible. On Wednesday, May 18, 2022, join Stuart Miller, MD, Huntington Health Physicians, and Kathleen Coatta, LCSW, clinical supervisor at Huntington Senior Care Network, for a tele-noon hour lecture at 12:30 p.m. that will discuss *Aging in Place*. See *Calendar of Events* for details.



Safety first.

A little prevention can go a long way. During National Safety Month, we will host two tele-noon hour lectures that share steps you can take to stay safe. Join us on Wednesday, June 8, 2022, at 12:30 p.m. for *Trauma and Injury Prevention*, and Wednesday, June 22, 2022, at 12:30 p.m. for *Summer Safety*. See *Calendar of Events* for details.

Get vaccinated.



Are you up to date on your immunizations, including COVID-19 vaccinations?

On Wednesday, August 17, 2022, infectious disease specialist Kimberly Shriner, MD, will talk about the importance of vaccines, as well as the latest information related to COVID-19, during a free tele-noon hour lecture. Join us at 12:30 p.m. for *Vaccine Updates*. See *Calendar of Events* for details.

TAKING CHARGE

Self-care during COVID-19.

Since the pandemic began, have you noticed any negative changes in how you think, feel or act? If so, you're not alone.

Over the past few years, the prevalence of mental health issues in the U.S. has risen dramatically. Many of us have lost loved ones. The pandemic has limited our social interactions and altered our daily routines — leaving many feeling isolated. It has presented new uncertainties and financial pressures. And misinformation has left many confused and anxious about what to do.

While you may feel overwhelmed, there is good news. First, such feelings are completely normal. Stress is a natural response to the challenges of life. When multiple stressors are compounded — like those associated with the pandemic — it's easy to feel like you're unable to cope. Second, and more importantly, help is available.

If changes in your mood or behavior are making it difficult to carry out daily activities, talk to your doctor. Therapy, mindfulness exercises and medication are some of the many solutions your doctor may recommend.

You may also try incorporating some simple practices into your everyday life to promote your mental and emotional well-being:

Keep a consistent routine.

Following a predictable daily schedule can make you feel more in control. This includes regularly setting aside time for activities you enjoy and maintaining a consistent sleep schedule.

Take breaks from news. While it's good to stay informed, constant exposure to the news may worsen



your anxiety. Try cutting down on how often you read, watch or listen to the news (including through social media).

Get physical (preferably outdoors). Studies show that both regular exercise and time spent outdoors can reduce anxiety and improve your mood. Always check with your doctor before starting a new exercise routine.

Connect with others. Stay connected with friends and family, and consider joining a social or support group. If you must physically isolate due to COVID-19, maintain social connections remotely through phone calls, video chats, emails or texts.

Give yourself a break. It's important to recognize that this is a difficult time for most people. By accepting that it's all right to feel the way you feel while taking an active approach to improving your mental health, you'll likely find yourself feeling better over time. If you still feel sad, anxious or overwhelmed,

consider talking to a mental health professional or asking your primary care physician about what other steps you can take. You may also call Huntington Senior Care Network's Resource Center at (626) 397-3110 for information about social and support groups.

Sources: Mayo Clinic; CDC; and Los Angeles County Department of Mental Health.



Mental Health Month

Throughout Mental Health Month in May, Huntington Hospital's Della Martin Center will present informative online lectures and discussions on various mental health topics, including mental health during the COVID-19 pandemic. Visit www.huntingtonhospital.org/events for the schedule of events and registration information.

Especially for caregivers

What now?

As a caregiver, it's your responsibility to make sure the loved one in your care stays safe. Throughout the pandemic, you've worked hard to do just that. It's been a long two years of making sacrifices to help reduce the risk of infection. It can be draining to continue to take so many precautions. When will it all end?

It's looking more and more like COVID-19 is entering an endemic phase. This means it's something that we will all need to learn to live with.

While the risk of becoming seriously ill with COVID-19 is still there — and is higher for older adults and those with certain medical conditions — it's significantly reduced for those who are vaccinated and boosted. (If you or the person in your care are not fully vaccinated, risk of infection, hospitalization and death due to COVID-19 remain high, and guidance is largely unchanged from earlier in the pandemic. The best way to protect yourself and your family is to get vaccinated as soon as possible.)

So, what now? Should you keep taking the same precautions you've been taking for the past two years? Or is it time to return to normal?

If you're feeling confused about what you and your loved one should and shouldn't do in the context of COVID-19, you're not alone. A lot of people are questioning how to balance safety with quality of life.

Unfortunately, there's no one-size-fits-all answer. This is especially true for those who are caring for an older adult or someone with a serious medical condition. There are, however, some steps you can take to determine the best way to move forward.

Start a dialogue.

Have an open and honest conversation with the loved one in your care. Ask her what she wants to do, what she is concerned about and what adjustments she is willing to make to have fun while staying as safe as possible.

Look to the latest guidance.

COVID-19 best practices are continuously evolving to keep up with emerging variants, changing caseloads and new medical advances. Follow the advice of trusted sources like the CDC.

Talk to a medical professional.

Encourage your loved one to make an appointment to talk to her doctor to go over questions and concerns. A medical professional will be able to give personalized advice based on her individual risk factors.

Balancing safety with quality of life can be tricky, and everyone's game plan will be a little different. For most people, life will look like something between full lockdown and a return to normal. By keeping a dialogue open, you can help your loved one live her best life in this new endemic era.

Source: CDC.

Are you a family caregiver? Huntington Senior Care Network (SCN) is here to help. We offer professional assistance; referrals to important resources; and support and educational groups specifically designed for family caregivers. For more information, call SCN at (626) 397-3110 or (800) 664-4664.





Ask the doctor

Q&A with Norman Chien, MD

Norman Chien, MD, is a board-certified geriatrician and a Huntington Hospital-affiliated physician.

Q. I was told that some medications can put my dad at an increased risk for dementia. Is that true?

A. Dementia is a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. Alzheimer's disease is the most common type of dementia.

Recent studies have indicated that two common classes of drugs may be linked to dementia, particularly in older adults. Specifically, scientists have reported that the following drugs may be associated with an increased risk of dementia in people who use them for extended periods of time (longer than three months):

- Benzodiazepines — a category that includes medications for anxiety and sleeping pills.
- Anticholinergics — a group that encompasses medications for allergies and colds, depression, asthma, high blood pressure and incontinence.

If your dad is currently taking benzodiazepines and/or anticholinergic drugs and you have concerns, be sure he doesn't stop taking his medications without first talking to his doctor. Quitting benzodiazepines and anticholinergic drugs "cold turkey" can put his health at risk.

Instead, encourage your dad to make an appointment to review the pros and cons of his medications with his physician. If a drug is problematic, the two of them can discuss other options. If it's OK with your dad, go with him to the doctor. You can help make sure his doctor understands what medications he is taking and whether he should switch to a safer alternative.

Q. I think I sprained my ankle, but I'm hesitant to go to the emergency room during the pandemic. Can I go to urgent care instead?

A. Rest assured that Huntington Hospital and all our care partners have enhanced safety protocols with your health in mind. From primary care to emergency care, and everything in between, you can get the trusted health care you need, when you need it, with Huntington, now an affiliate of Cedars-Sinai.

Our Nan and Howard Schow Emergency & Trauma Center offers emergency care for patients with severe or life-threatening health emergencies (such as a heart attack or stroke, sudden loss of consciousness, major burns, or bleeding that will not stop). Trauma care is for

life-threatening injuries that result from an accident, fall or attack. Our team of emergency and trauma care professionals is available to provide fast, expert treatment 24 hours a day, 365 days a year. Visit www.huntingtonhospital.org/emergency to learn more.*

For health conditions that aren't life threatening but need attention promptly — like sprains or strains — patients may turn to a Huntington partner for trusted care. We are affiliated with Exer Urgent Care locations in Pasadena and La Cañada Flintridge. On-site laboratory, imaging and pharmacy services are available. Visit www.exerurgentcare.com for more information.

Primary care doctors provide preventive and day-to-day medical care, such as routine health exams, annual physicals and overall wellness services. Get patient-centered care from Huntington-affiliated primary and specialty physicians. Visit www.huntingtonhospital.org/doctors to find a doctor.

**When in doubt, always call 911.*

To learn more about trauma care at Huntington Hospital, register to attend Huntington Senior Care Network's tele-noon hour lecture Trauma and Injury Prevention on June 8, 2022. See Calendar of Events for details.

Sources: Harvard Medical School; and University of California, San Diego.

This column is for information only. Please discuss any treatment options with your doctor.



On the younger side Sun safety.

Spending time outdoors is a great way to be physically active, reduce stress and get vitamin D. Too much sun, though, can cause skin cancer — the most common cancer in the U.S. Most skin cancers are caused by too much exposure to ultraviolet (UV) light. Protection from UV rays is important all year, not just during the summer. Even on an overcast day, up to 80% of the sun's UV rays can get through the clouds, and they reflect off of surfaces like water, sand and snow.

Here are a few ways you can help protect your skin from the sun whenever you're outdoors:

Limit your time in the sun. The sun's rays are the most intense from 10 a.m. to 2 p.m., so consider reducing your exposure during these hours.

Find the shade. Try to stay in the shade under an umbrella, tree or other shelter as much as possible.

Dress with care. Wear a hat that has a brim all the way around — one that shades your face, ears and the back of your neck. You may also want to wear long sleeves or long pants to protect from UV rays. If you're at the beach and this type of clothing isn't practical, at least throw on a T-shirt or a cover-up. Sun-protective clothing is also available to purchase at some stores.

Wear sunglasses. Your eyes need protection, too. Remember to bring along a pair of sunglasses before enjoying a day in the sun. Look for sunglasses with a label indicating they protect you from UV rays.

Use sunscreen. It's very important to wear sunscreen every day, even if it's cloudy. The CDC suggests using a sunscreen with a sun protection factor (SPF) value of 15 or higher that offers broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. One coat of sunscreen doesn't last all day, so reapply every hour or more often if you're sweating or swimming. Be sure to apply sunscreen evenly to all uncovered skin, including your lips, nose, ears, neck, hands and feet.

People of all skin colors are at risk for the harmful effects of UV rays, so always protect yourself. Be especially careful if you have:

- pale skin.
- blond, red or light brown hair.
- been treated for skin cancer.
- a family member who has had skin cancer.

Don't forget to keep the kids safe in the sun, too. All of these tips are important for them, including hats and sunglasses. Safe sun habits should start young.

Sources: CDC; and FDA.



We speak your language. We are committed to providing you with compassionate care regardless of the language you speak. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (626) 397-5211. 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (626) 397-5211。



Medicare 101 informational meetings.

Did you know Medicare eligibility begins at age 65? We invite you to attend a free webinar to learn about your Medicare coverage options. These one-hour sessions, hosted by Huntington Health Physicians and licensed independent insurance agents, will provide a basic overview of Medicare and a review of health plan details, as well as time for questions. Visit www.huntingtonhospital.org/hhpevents for scheduled dates and reservation information. If you have questions, call (626) 397-8331. Once registered, you will receive a link by email to join the webinar you chose.

50+ members receive informative publications, including event calendars, from Huntington Senior Care Network throughout the year. If you received this newsletter and are not yet a 50+ member, you can sign up for free by visiting www.huntingtonhospital.org/newsletters. Simply enter your information and check the *50+ HealthConnection* box. If you prefer, you can leave a message on our membership line at (626) 397-3147 or (800) 664-4664 and a member of our staff will be in touch to sign you up by phone. In addition to sending our future publications, we'll also provide you with a membership card so you can begin enjoying all the benefits of our 50+ program.

Since 1984, Huntington Senior Care Network has worked to positively impact the health and well-being of older adults, adults with disabilities and their families throughout our community. Reaching thousands of individuals each year, we educate on aging; link to in-home and community services; and increase the skills of caregivers, service providers and others. Our models of eldercare have earned us a national reputation for excellence and innovation.

Eileen Koons, MSW
Director

Kristen Tachiki, LCSW
50+ HealthConnection
Program Coordinator



FRIDAYS, JULY 22 – AUGUST 26

**Taking Care of You:
Powerful Tools for Caregivers.**
10 – 11:30 a.m. via online platform

This six-session online course — designed for family caregivers of adults — will provide information you can use to increase your self-care skills and help you manage difficult situations. Instructors include expert staff from Huntington Senior Care Network. Please call Kristen Tachiki, LCSW, at (626) 397-8145 to register. Class size is limited so be sure to register early. Cost: \$25 for digital copy of workbook or \$30 for hard copy of workbook (plus shipping). Scholarships are available for those unable to afford this cost.



WEDNESDAY, MAY 11

Promoting stroke awareness. During Stroke Awareness Month, come learn from **Arbi Ohanian, MD**, medical director of Huntington Hospital Stroke Center, about the warning signs of stroke. Dr. Ohanian will also discuss what you need to know about stroke and COVID-19.

WEDNESDAY, MAY 18

Aging in place. In honor of Older Americans Month, **Stuart Miller, MD**, Huntington Health Physicians, and **Kathleen Coatta, LCSW**, clinical supervisor at Huntington Senior Care Network, will talk about how older adults can remain in their homes for as long as possible.



WEDNESDAY, JUNE 8

Trauma and injury prevention. **Michelle Baker, RN, BSN**, manager of trauma services at Huntington Hospital, will discuss common trauma-related injuries and how you can protect yourself from harm.



Tele-Noon Hour



Tele-Noon Hour provides information you can use to pursue good health and age well, while remaining safer at home. These call-in educational

lectures will begin at 12:30 p.m. on the dates listed. Each will last about an hour and will include time for questions. Participation is free.

For all lectures, reservations are required at least one day in advance.

To make a reservation, please complete the registration form on our website at www.huntingtonhospital.org/telenoon or call our membership line at (626) 397-3147.

On event day, please join the call no later than 12:25 p.m.

- Step 1.** Call (323) 794-2410 (local) or (800) 753-0786 (toll free).
- Step 2.** Enter passcode 622909 when prompted.

Visit www.huntingtonhospital.org/telenoon to listen to past events.

WEDNESDAY, JUNE 22

Summer safety. During National Safety Month, **Lisa Derderian**, public information officer for the City of Pasadena, will provide tips on emergency preparedness, including how you can stay safe during the hot summer months.



WEDNESDAY, JULY 20

Aging with vision loss. **Socorro Arroyo**, program manager at the Dayle McIntosh Center, will share information about how older adults with vision loss can remain as independent as possible, including ways assistive technology can help.



WEDNESDAY, AUGUST 17

Vaccine updates. During National Immunization Awareness Month, we invite you to a special presentation by infectious disease specialist **Kimberly Shriner, MD**, about vaccines. Dr. Shriner will also talk about the latest information related to COVID-19.



We want to hear from you!

Do you have suggestions on topics for Tele-Noon Hour events? Please take a brief survey to help us plan for future programming. Visit www.huntingtonhospital.org/telenoon or scan the QR code with your smartphone. You may also call (626) 397-3147 to complete the survey over the phone or to request that it be mailed to you.





Huntington
Senior Care Network

Helpful resources.



Around the campus

Next-level operations.

Huntington Hospital is engaged in an ambitious construction project aimed at building out our surgical facilities. This project will allow us to speed treatment times, improve outcomes and serve more patients.

When the project is complete, our new surgery center will encompass 15 future-ready surgical suites. We're pleased to share that we recently completed work on seven brand-new operating rooms and we're currently hard at work on enhancements to eight existing surgery suites. We anticipate finishing work on these upgraded suites by the end of 2022.

All surgical spaces are being built above our Nan and Howard Schow Emergency & Trauma Center and are easily accessed via a single elevator ride. This ensures patients with life-threatening conditions can be rapidly transferred to their awaiting surgical team — helping to speed care and save lives.

Visit www.huntingtonhospital.org/surgery to learn more about our leading-edge surgical services.

Huntington Collection

Look for great buys at the hospital's resale shop, located at 766 S. Fair Oaks Avenue in Pasadena. Donations are welcome (and tax deductible). Purchases help fund the important work of Huntington Senior Care Network (SCN). Huntington Collection is currently open Monday through Thursday from 10 a.m. to 3 p.m. Call (626) 535-2468 or visit www.huntingtoncollection.org to learn more.



Huntington Hospital's Calendar of Events

Visit www.huntingtonhospital.org/events to view classes and events offered by Huntington Hospital, including virtual support groups. You may also call SCN's membership line at (626) 397-3147 or (800) 664-4664 for assistance.



Huntington Senior Care Network Resource Center

If you're caring for an older adult or an adult with a disability, need information on community resources for seniors, or have questions about aging, the professionals in our Resource Center can help. Call (626) 397-3110 or (800) 664-4664 (option 1) to learn more.

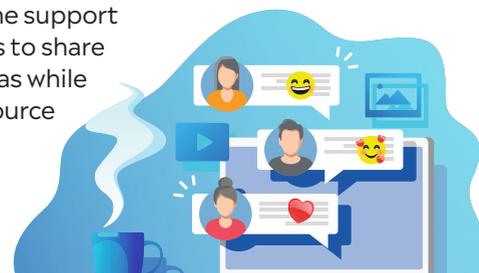


Senior CareLine

Are you looking to connect and laugh with someone new? Senior CareLine is a free service that will match you with a friendly volunteer to chat with by phone from time to time. To get connected to this service, call the membership line at (626) 397-3147 or (800) 664-4664.

Support groups for caregivers

When caring for an aging relative or close friend, participating in a support group can make a difference. Online support groups are available, offering opportunities to share feelings and exchange information and ideas while you remain safe in your home. Call the Resource Center at (626) 397-3110 (option 1) for a referral.



Visit us at www.huntingtonhospital.org/SCN to learn more about Huntington Senior Care Network.